

Vermont Department of Education Linking Health & Learning e-Bulletin

November, 2009

News and General Announcements

H1N1 Materials and Resources

The Vermont Department of Health (VDH) continues to provide frequent guidance for schools on dealing with the H1N1 influenza outbreak. The Vermont Department of Education (DOE) is assisting in disseminating this information to schools. Because of the immediacy of the issue, and changing information that is critical to schools, please visit the VDH Website [here](#) for the latest information and materials. For more information contact the Vermont Department of Health at (802-863-7200) www.healthvermont.gov or contact the Vermont Department of Education Jill Remick at (802) 828-3154 or jill.remick@state.vt.us

Walking Works Local Maps from Blue Cross Blue Shield of Vermont

Blue Cross Blue Shield of Vermont has worked with several local communities to create safe walking route maps. Many routes directly link with schools. Educators can click [here](#) to download or order hard copies for use during fitness activities. Contact Megan Peek for more information peekm@bcbsvt.org

Today Show Looks at Drowsy Teen Drivers

The Today Show recently featured a segment on drowsy driving among teenagers. According to the National Sleep Foundation's 2006 Sleep in America poll, 51 percent of all adolescents who drive reported that they had driven drowsy at least once in the past year. The Today Show segment notes that fatigue is a factor in about 100,000 crashes every year, most involving young drivers. National Sleep Foundation Chairman Thomas J. Balkin, PhD, told the Today Show, "In many ways, driving drowsy is very much like driving drunk." To read more and view the video segment click [here](#).

PBS "In the Mix" November 2009 Schedule

Click [here](#) for transcripts, discussion guides, and video clips for these and other programs.

Nov 7 #703 Divorce and Stepfamilies: Breaking Apart/Coming Together (Guide)

Nov 14 #901: Native American Teens: Who We Are (Guide)

Nov 21 #1001 Bridging the Years...Teens and Seniors Mix it Up! (Guide)

Nov 28 #416 Alcohol: What You Don't Know? (Guide DVD includes Spanish subtitles)

FitWIC Activity Booklets from Vermont Department of Health

The Vermont Department of Health has a large supply of FitWIC activity books that are available to early educators across the state. Click [here](#) to access the activity books or contact Karen Flynn KFlynn@vdh.state.vt.us to request hard copies.

New Resources for Physical Education

The National Association of Sport and Physical Education (NASPE) has several new resources to share. Click [here](#) for the November teacher tool box which includes activity ideas for K-12 physical education. This month's focus is on encouraging parents and school administrators to observe physical education. In addition, NASPE has also released new and expanded editions of the Appropriate Instructional Practice Guidelines. Click [here](#) to access these items.

Grant and Funding Opportunities

Healthy-Living School Grants from Cabot Creamery

Deadline: rolling

Need help to put on a wellness fair, start a nutrition workshop, or implement another idea at your school? Cabot Creamery will provide matching funds of up to \$200 for any qualifying

program, because our farmers want to help you grow healthy kids! Click [here](#) to find out more about this grant and to find our free health posters and nutrition education materials.

Hidden Valley Salad Dressings - Love Your Veggies Grant Program

Deadline: November 6, 2009

The makers of Hidden Valley Salad Dressings are now accepting applications for the 2009-10 "Love Your Veggies" grant program. The purpose of the program is to help schools execute innovative programs that will increase the access to, and consumption of, fresh fruits and vegetables in the lunchroom. Ten \$10,000 grants will be awarded to elementary schools across the US. Please click [here](#) for more information and program guidelines.

Fuel Up to Play 60 Grant Applications

Deadline: November 13, 2009

New England Dairy & Food Council in partnership with the New England Patriots announces grants to implement a school wellness program called Fuel Up to Play 60 program. Mini-grants up to \$500 and \$1000 are available to schools and school districts in CT, MA, NH, RI or VT to implement healthy eating and physical activity initiatives. For more information, click [here](#). To apply for a grant, click [here](#). For questions, contact Jill Goodroe jgoodroe@newenglanddairy.com

Bikes Belong Grant

Deadline: November 23, 2009

The Bikes Belong Grants Program helps put more people on bicycles more often by awarding grants to important and influential projects that leverage federal, state, and local money and build momentum for bicycling. These projects include paved bike paths and rail-trails as well as mountain bike trails, bike parks, BMX facilities, and large-scale bicycle advocacy initiatives. Click [here](#) for more information or write to mail@bikesbelong.org

New Look of School Milk Grant

Deadline: November 30, 2009

NE Dairy & Food Council is offering funding up to \$1000 per 500 students enrolled for schools that start the "New Look of School Milk" program in 2009. Funding supports cow-spotted milk merchandisers, signage and/or menu boards for school cafeterias. To qualify schools must participate in the USDA School Meals Program and offer milk in plastic with all school lunches. Funding is available on a first come, first served basis. For more information, contact Jill at jgoodroe@newenglanddairy.com or click [here](#).

Tommy Wilson Memorial Grant

Deadline: December 1, 2009

The American Association for Physical Activity and Recreation (AAPAR) has reconfigured a past award into a new grant opportunity. The Tommy Wilson Memorial Grant will give up to \$1,500 to a nonprofit entity to directly support recreation programs for people with disabilities. Click [here](#) for the application.

Vermont First Tee National School Program Grant

Deadline: December 15, 2009

Vermont elementary schools are invited to apply for a grant for the Vermont First Tee National School Program for spring 2010. The program goal is to establish a lifelong interest in golf by engaging young people (K-5) in a structured golf curriculum that promotes personal character development within the physical education setting. For more information about the program, click [here](#). For more information, contact Richard H. Mihlrad, President, Vermont Golf Association, at (802) 645-1907 or rmihlrad@sover.net.

Fund for Teachers

Deadline: January 29, 2010

The Fund for Teachers invites educators from across the country to submit proposals for their own do-it-yourself learning odysseys next summer. Destinations and disciplines are limitless as previous itineraries over the past nine years include tours, conferences and independent studies on every continent. Multiple grants, of \$5,000 for individuals, and team grants of up to \$10,000,

will be awarded. Some restrictions apply. For more information click [here](#).

The 21st Century Community Learning Centers Grant

Deadline: February 12, 2010

The Vermont Department of Education is excited to accept proposals under the 21st Century Community Learning Centers Program (21C) to award significant funding to schools and communities with high need populations (30% free/reduced meals) that want to establish or expand afterschool programs in Vermont. Applicant trainings are on October 9 and 16. Letters of Intent are due November 20. Applications are due February 12, 2010. If you have any questions contact Emanuel.Betz@state.vt.us or call (802) 828-0557. Click [here](#) for more information.

Professional Development Opportunities

For a Calendar of Vermont Department of Education-Sponsored Events click [here](#)

Youth Suicide Prevention: Lifeline Training

November 4-5, 2009

Montpelier, VT

Do you know the warning signs? Would you know what to do? Suicide is the second leading cause of death for Vermont youth between the ages of 11 and 23. Vermont law H.630 requires the inclusion of youth suicide prevention in the health education curriculum for middle and high school students. This two-day training for "Lifelines" curriculum, a research-based, field-tested program, encourages students to understand the crucial role they play in identifying suicidal behavior in their friends (or in themselves), providing an appropriate response, and knowing how to find help. Click [here](#) for more information.

Vermont Professional Development Network (VPDN) Meetings for School Counselors

November 6, 2009

Castleton, VT

November 9, 2009

Lyndon Center, VT

November 13, 2009

St. Albans, VT

November 16, 2009

Springfield, VT

VPDN meetings for school counselors provide information and resources from the Department of Education and other partnering agencies in a supportive environment. The goals of the VPDN school counselor meetings includes creating opportunities for PreK-12 school counselors to consult, collaborate, and receive professional development on ways to improve student services. Links to registration and the agenda are available [here](#). For more information, please contact Andrew Hudacs at (802) 828-3892 or andrew.hudacs@state.vt.us

Vermont Freemasons C.A.R.E. Follow-Up Day

~~November 9, 2009~~

Cancelled

This face-to-face meeting has been cancelled. However, follow-up will be provided to past C.A.R.E. participants to meet specific needs. More information will be shared with schools that have sent teams to C.A.R.E. trainings. Please contact Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us with questions.

Coalition Development: Working Together for Community Change

November 10, 2009

Randolph, VT

In addition to exploring coalition readiness, community change theory and the Ecological Perspective, participants in this workshop will learn to identify developmental tasks of teams/coalitions, develop strategies for addressing issues identified by teams and use specific tools to enhance team/coalition building. For more information and to register click [here](#).

Vermont Association For Health, Physical Education, Recreation, and Dance (VTAHPERD) Annual Conference "Healthy Bodies, Active Minds"

November 12-13, 2009

Killington, VT

Click [here](#) for a complete conference outline including topics in all discipline areas. Guest speakers will include Dana Brooks (AAHPERD President), Irene Cucina (EDA-AAHPERD Board of Governors), Teresa Osborne (Dance Specialist), and Jacob Sattelmair and Susan Pelican from

the *Ratey Institute* speaking about the book *SPARK*. Join the fun as we explore our *Healthy Bodies and Active Minds*. Registration starts September 8, 2009.

N-O-T (Not on Tobacco) New Facilitator Training

November 17, 2009

Rutland, VT

Whether you are a teacher, SAP counselor, guidance counselor, nurse or prevention worker, you must attend this one-day training in order to become a N-O-T facilitator in your school or community. Based on social cognitive theory, N-O-T is a gender-sensitive, teen-tested tobacco cessation program that trains young people in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight management and peer pressure. This ten-session curriculum is appropriate for either a school or community setting. Click [here](#) for more information.

2009 Summit on Sexual Violence - A Community Response to Sexual Violence

November 18, 2009

Fairlee, VT

Sexual abuse of children and sexual assault on adults seem to headline our evening news almost every night. Every community suffers from the tragedy of adult and child sexual violence. The legislature passed a law requiring that a Special Investigations Unit (SIU) be formed in every county. While some counties are meeting this requirement, others are getting started. This statewide event is an opportunity for state and local police, Corrections, Family Services Division (DCF), prosecutors, advocates, policymakers, providers, legislators and others to collaborate. Click [here](#) for more information and to register.

Helping Children Understand Autism Spectrum Disorder: Creating a Culture of Inclusion

November 20, 2009

South Burlington, VT

This conference will be hosted by Heather McCracken, Friend 2 Friend Social Learning Society. Attendees will learn the special needs of children with autism; to build empathy and foster caring relationships; the concept and components of the Friend 2 Friend model; and how to foster peer socialization and integrated play between a child with ASD and his/her peers. Click [here](#) for registration and more information or contact Sarah at (802)860-3349.

Essential Grant Skills

November 23, 2009

Randolph, VT

Topics include: developing an effective program plan and identifying the grant makers that would support it; the key elements of a clear and compelling proposal; talking about your organization; structuring your grant-seeking plan; foundations and why they give money; government grants; and research tools and strategies. For more information and to register click [here](#).

Get Out! Outdoor & Adventure Education Conference

December 3-5, 2009

Laconia, NH

Looking for a cool way to learn how to teach outdoor winter activities? Join the American Association for Physical Activity and Recreation for this one-of-a-kind, hands-on conference. This learning event is packed with awesome programs in outdoor recreation, adventure principles and practices that can be put to use immediately. *Get Out!* is for physical educators, teacher preparation instructors, university students, outdoor/recreation specialists, and community leaders with a desire to guide snow sports programming. For more information and to register click [here](#).

Promoting Personal Health and Safety: Prevention of Injury and Violence

January 11-February 19, 2010

On-line Course

In this online course unintentional injury, sexual abuse, violence, suicide and cyberbullying are examined; from understanding their causes and prevalence to identifying curricula, web sites and children's literature that can be used in instructional activities. Co-factors such as substance use and mental illness, prevention, early intervention, treatment and recovery will be considered. Personal change processes and environmental strategies conducive to lifestyles that can lower the likelihood of injury and violence will be identified. This course will be taught by

JoEllen Tarallo-Falk. Click [here](#) for more information.

Save the Date - Vermont Freemasons C.A.R.E. Training

March 30-31, 2010

South Burlington, VT

This training opportunity for your school is designed to create an informed team who will help identify and provide appropriate guidance for students at-risk for substance abuse, depression, suicide or violence. For more information contact Donna McAllister at (802) 828-1636 or donna.mcallister@state.vt.us. Registration will be in January.

Upcoming Courses from Vermont Higher Education Collaborative

From March-April 2010, the Coordinated School Health Programs course will run on-line facilitated by Shevonne Travers (1 credit). In summer 2010, the Human Sexuality course will run as a hybrid on-line and in-person facilitated by Kate O'Neill, in cooperation with Planned Parenthood of Northern New England (2-3 credits). Contact MJ Peters mj.peters@vthec.org for more information on these courses.

Save the Date - Vermont Healthy Schools Summer Institute 2010

June 30-July 2, 2010

Northfield, VT

Join us for this three-day institute designed to empower school health professionals as innovation leaders and ensure a student-centered education system. Look for more information and registration coming soon in this e-bulletin.

Center for Health and Learning (CHL)

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at www.healthandlearning.org or call (802) 254-6590.

As a service to its users, the Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

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